

Senior Leader: Arlene Mante, Ph: 731-4835

**Asst. Sr. Leader:
Lois Chudzinski, Ph: 695-2954**

President: Goldie Catino

Vice President: Eileen Wyland

Secretary: Jean Marshall

Treasurer: Judy Bugenhagen

**Wheatfield Community/Senior Center
2790 Church Road
N. Tonawanda, NY 14120**

Phone: 716-694-8504

Fax: 716-694-0012

Community Relations: Gail Connery

Email: gailc@wheatfield.ny.us

Office Hours

Tuesday-Friday 8:00-1:00pm

OCTOBER



**WHEATFIELD
SENIOR
NEWS**



October FRIDAYS

October 4th	9:00am 11:30am	Various Card Games & Board games BINGO
October 11th	9:00am	Various Card Games & Board games
October 18th	9:00am	Various Card Games & Board games
October 25th	9:00am 10:00am 11:30am	Various Card Games & Board games Business Meeting, Split Club "PIZZA"

October 2nd — Wednesday

Gary Billingsley— Lawyer
At 11:00am

Call Arlene for reservation ahead of time

First & last Wednesday and First Friday

Of the month at 2:15pm
Volunteer at Northgate
to help with Bingo

Friday, October 11th

Lunch at 12:00pm
Roman café Payne Av. NT

Theraband Exercise/Club 99

Tuesday and Thursday
10:30am–11:30am

Weekly Schedule

Monday	9:00am	Bowling @ Manor Lanes
Tuesday	9:30am	Qi Gong Class
Tuesday	10:00am	Volunteer at Crestwood for Bingo
Tuesday	12:45pm	Bridge
Tuesday	6:00pm	Bocce & Shuffleboard (May-Sept.)
Wednesday	9:00am	Ceramics
Wednesday	9:30am	Line Dancing (beginners)
Wednesday	10:00am	Line Dancing (advanced)
Wednesday	1:00pm	Arts & Crafts
Thursday	9:30am	Qi Gong Class
Thursday	12:00pm	Wii Bowling



New Members

Gertrude Grimaldi &
Ward & Sheila Michaels

Anniversaries

Joseph & Joan Giuseppetti
&
Joseph & Sylvia Trinkwalder

We Mourn our Loss

Margaret Vorpahl
& Nancy Weinholtz

Birthdays

10-3 Don Wallace

10-15 Josephine Genco

10-30 Leona Schroeder

10-4 Ardis DuBois

10-16 Zella Wright

10-4 Joseph Trinkwalder

10-21 Gus Gosciminski

10-6 James Heuer

10-21 Ed Sheliga

10-8 Elsbeth Kaus

10-29 Ellie Marcolini



"Halloween Jokes"

What do skeletons say before eating?



Bone Appetite

What do witches get in hotels?

Broom service



What monster makes light?



A Lampire

What do you call a fat jack O lantern?

A Plumpkin



What does a ghost eat for lunch?



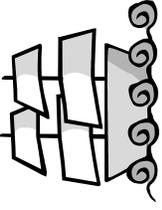
A Boo logna sandwich

What do birds do on Halloween?

Go trick or tweeting



Eat Well...Stay Well Dining October Menu for Dining Sites

	Tuesday @ 12:00pm	Wednesday @ 12:00pm	Thursday @ 11:30am
<p>Please call Gail at 694-8504 to order a lunch one day in advance by 12:00pm or see Stephanie in the dining room.</p>	<p>1) Cream of Broccoli Soup with Crackers Grilled Chicken Breast on a Roll with Mayonnaise/Slice of Tomato Leaf Lettuce Hamburg Roll Chilled Pineapple Chunks</p> <p>8) Center Cut Pork Chop Ranch Mashed Potatoes Sauerkraut Rye Bread Cinnamon Applesauce</p>	<p>2) Stuffed Cabbage Roll with Tomato Sauce Mashed Potatoes Tender Sweet Corn Italian Bread Bread Pudding/Topping</p> <p>9) Chicken Paprika with Penne Pasta Crinkle Cut Carrots Cracked Wheat Bread Fresh Chilled Melon</p>	<p>3) Hot Roast Beef Sandwich au Jus Horseradish Potato Wedges/Ketchup Green & Yellow Beans Whole Grain Hamburger Roll Fresh Local Apple</p> <p>10) Large Julienne Salad with Dark Greens/ Spinach & Romaine Lettuce Diced Ham Slice of tomato Cheddar Cheese Garbanzos Salad Dressing Banana Muffin Peanut Butter Cookie</p>
<p>14) Columbus Day No Meals Today</p> 	<p>15) Lemon Chicken Brown Rice Fresh Broccoli Potato Bread Oatmeal Jam Bar</p> <p>16) Stuffed Pepper Soup/Crackers Tuna Salad Sandwich on Honey Cracked Wheat Bread Dill Pickle Spear Leaf Lettuce Chilled Pear Slices</p>	<p>16) Stuffed Pepper Soup/Crackers Tuna Salad Sandwich on Honey Cracked Wheat Bread Dill Pickle Spear Leaf Lettuce Chilled Pear Slices</p> <p>23) Chicken Drumsticks Rice Pilaf Green Bean Casserole Whole Grain Bread Chilled Peaches</p>	<p>17) Barbecued Beef on Bun Mashed Potatoes Succotash Whole Wheat Hamburg Bun Fresh Orange</p>
	<p>22) Italian Ziti with Meat Sauce and Parmesan Cheese Spinach Salad with Creamy Italian Dressing/Cherry Tomatoes & Red onions Italian Bread Fresh Seedless Grapes</p> <p>29) Barbecued Chicken Leg German Potato Salad Raspberry Fruited Gelatin Dinner Roll Poke Cake/Whipped topping</p>	<p>30) Hot Open Faced Roast Beef Sandwich with Onion Gravy Whipped Potatoes Horseradish Sliced Buttered Beets Wheat Bread Frozen Fruit Dessert</p>	<p>24) Homemade Beans and Greens Soup/Crackers Ham and Swiss Cheese Sandwich on Deli Rye with Lettuce, and Pickle Mayonnaise Mustard Fresh Fruit Cup</p>
		<p>31) Halloween Special Haunted Ham Loaf with Devilish Mustard Sauce Monster Mashed Sweet Potatoes Scary Scandinavian Vegetables Cider Doughnut</p>	

All Meals are served with bread, skim milk or 2%, coffee or tea. Eat Well... Stay Well Lunch Sites are located throughout Niagara County. Call **438-4020** for more information. Suggested Contribution for meals is \$3.00. Menus are subject to change without notice. Serving the population age 60 and older. A Niagara County Office for the Aging Program. Approved by *Glenda R. Reardon* Glenda Reardon, RD, CDN

Harvest Pot Luck

November 15th

ATTENTION:

We are starting a new program. On the TV we will be playing different games from the Wii. There are several games to choose from, for an example *Lawn Darts, Horse Shoes, Shuffle Board, Croquet, Table Tennis, Billards, Bocces, Indianapolis 500.*

*Day and Time will be announced in the November

***Pictures from the
Senior dance (9-7-13)
on Flickr***

<http://www.flickr.com/photos/wheatfieldcommunityevents/sets/>

TRAVEL NEWS

The seniors plan both day trips and overnight trips. Trips are generally publicized at least 4 months in advance, and people are urged to sign up, with a deposit, as soon as possible. The success of the trip rests with you, the traveler as theaters, restaurants, etc. require early deposits to hold the date which necessitates a "Go" or "NO GO" decision long before the departure date. When you purchase a trip early, you are contributing to the future success of the trip. Bus boarding is in the order in which payment in full has been received, with the exception of handicapped individuals, who board first. All trips originate from the Wheatfield Senior Center, and depart promptly on time.

Deposits may be made in person at the Seniors' meetings on Friday mornings (8:30 – 11:30 am) or mailed to the persons named below. (Call for address). Make checks payable to Wheatfield Senior Travel. For further information or registration, contact Jean at 694-5567 or Joan at 693-7355.

December 10, 2013

Christmas Holiday 10:00 am – 7:00 pm. \$65.00 due November 1st

Step back in time to a Victorian Christmas at the Wilcox Mansion. Following lunch and entertainment at the Mansion, you will have a breathtaking tour of Our Lady of Victory Basilica, experience the poinsettia show at the Erie County Botanical Gardens and shop at Woyshner's Christmas Shoppe.

For information contact Jean Marshall @ 694-5567 or Joan Piorkowski @ 693-7355

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Date	Place	Time
10/21	Hamburg Senior Center	10:00 am
10/21	Amherst Senior Center	2:00 pm

The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2013.

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-888-280-6205.



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